



The Foodies Handbook

A Cheese Section
By
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CHEESES

Cheese is a solid product made from milk. Produced by coagulating the protein casein so that it forms curds by the addition of rennet. Vegetarian cheese is produced by the use of an extraction derived from fungi. Cheeses fall into one of ten categories: a) **Semi Soft and Hard Cheese**. These are made by removing an amount of whey from the curd. This involves the curds and whey being heated then textured and milled. The curds are then cut into blocks and piled repeatedly until the correct acidity is reached. This is done by a process known as **cheddering**; the cutting, piling and turning causes the whey to drain from the curds to achieve a texture of curd not unlike chicken breast. The blocks are then pressed, salted and moulded before being ripened. This process, as the name implies, is used to make cheddar cheese. The name has been adopted for the process of making all cheeses manufactured in a similar way. Not all cheeses are cheddared, it is the variation of the recipe that gives the cheese its different texture and consistency. Hard cheeses often undergo a further heating and shrinking process to remove more whey, and are then left to mature for longer than semi hard cheeses. Examples of semi hard are Cheddar and Edam, examples of hard are Parmesan and Gruyere. b) **Fresh and Soft Cheese**. True soft cheese is made by coagulating unpasteurized milk with a bacteria or culture known as a “starter”, and then later by the addition of rennet. It is the bacteria that gives the cheese its clean acid flavour. The cheese is not textured, milled or pressed and the whey is allowed to drain naturally from the curd. The majority of soft cheeses are continental in origin. Either sold fresh, known as unripe, or fully mature when the flavour is strongest. Some soft cheeses are made from semi skimmed milk to give a low calorie , low fat product. These cheeses have a smooth, yoghurt like texture and are bland with a slightly acid taste. Examples are Camembert and Brie. c) **Cream Cheese**. Cream cheese can also be classified as a soft cheese, but is best regarded separately due to its particular nature. Produced in a similar way to soft cheese, but from cream instead of milk. The typical cream cheese is a soft bodied, rich flavoured and with a mildly acidic flavour. Sometimes with a granular texture, but always with a buttery consistency and creamy appearance. Often moulded into small shapes of varying sizes. Commonly coated in herbs or nuts and flavoured with liquor or garlic. Examples include Caboc and Boursin. d) **Acid Curd Cheese**. Sometimes classed as a soft cheese, but produced using a quite different method. Acid curdling is brought about by the addition of lactic acid, which acts upon the protein in the milk. This action yields a curd of high acidity, with quick drainage properties and a granular texture. The resulting cheese has a clean acidic flavour and a soft spreading quality. After processing, seasonings, nuts or fruits may be added to alleviate the otherwise bland taste. Cottage Cheese is a good example of this type of cheese. e) **Low Fat Cheese**. Produced using skimmed milk to traditional methods, low fat cheeses are popular as desert or cooking cheese. Often made with vegetable rennet. They tend to be mild in taste, and are best eaten with pickles or mustard to add flavour. f) **Processed Cheese**. These are cheeses produced by combining cheese with a number of other ingredients such as flavourings, herbs, spices, and cream. Manufactured using using a melting process, and usually sold in individual portions. Useful for making sandwiches, or as an addition to a packed meal. g) **Blue Cheese**. Blue cheeses are quite different from other cheeses, as they develop veining during the ripening process. This veining is caused by a bacteria within the cheese, which may occur naturally or be artificially introduced. The mould induced to the process is a spices of Penicillin Roqueforti and is added to

either the milk or curd. The curd is soft and velvety with a distinctive flavour and character. Conditions throughout production are maintained to encourage mould growth. All blue cheeses are pierced with stainless steel needles, at least once, during the maturing period, this allows air to penetrate the body of the cheese and mould growth to develop more quickly. h) **Stilton**. Perhaps one of the best known of the blue cheeses, it is the only generic variety of traditional English cheese, and is made only from whole British milk in the counties of Derbyshire, Nottinghamshire and Leicestershire. Stilton is handmade and takes four months or more to mature.

Other blue cheeses include: Dolcelatte, Lymeswold and Roquefort.

i) **Farmhouse Cheese**. Cheeses made on the farm rather than in a factory, particularly popular due to their distinctive qualities and flavours. In many cases only small amounts are produced, and are often sought after for their special qualities or rarity. Tend to be only available in specialist cheese shops, delicatessens or local farmers' markets. j)

Blended and Additive Cheeses. These are cheeses blended from two or more cheese varieties, or cheeses that contain an additional ingredient other than cheese. Produced to meet the demand for greater cheese variety, they allow producers to expand markets.

BRITISH CHEESE

British Cheese has been valued as a food since the Roman invasion of Britain. Recognised as a valuable source of energy, it was provided regularly as part of a Roman soldiers diet. It is likely that ancient Britain's produced cheese of an acid curd origin. Within three hundred years of the Roman occupation cheese making was a well established aspect of agriculture in Britain, and was widely available as a popular and nourishing food. In recent years, cheese makers have expanded the range of their product to include blended and additive cheeses. The choice of the cheese makers art is almost bewildering, examples of British cheeses include: abbeydale, Blue Shropshire, Caboc, Caerphilly, cheddar, cheddar n scotch, Cheshire, Cornish pepper, Cornish yag, Cotherstone, cottage cheese, crowdie, derby, Devon garland, Dunlop, Eskdale, Gaelic, Gloucester, Highland choice, Highland herbs, Howgate, Hramsa, Lancashire, Langskail, Leicester, Lothian, Lymeswold, Melbury, Morven, Mozzarella, Orkney, Oxford, Scottish cheddar, Somerset Brie, Stilton, Swaledale, Tendale, Warkleigh, Wedmore and Wensleydale.

CONTINENTAL CHEESE

There are literally hundreds of foreign cheeses, many of which are imported into Britain to meet the ever changing tastes of the British public. France, Italy, Germany, Denmark, Holland, Austria and Switzerland have always produce cheeses that are popular in Britain. The varieties these countries export are amongst some the most famous varieties in the world. Large imports of Cheddar type cheeses are also taken from Australia, Canada, Southern Ireland and New Zealand, with specialist cheeses also imported from Greece. Many of these European cheeses do not differ greatly from some varieties of British cheese, others however such as Emmenthal, Gruyere and Parmesan have a unique flavour and texture. Examples of continental cheeses include: Banon, Bel Paese, Boursin, Brie, Camembert, Danish Blue, Dolceatte, Edam, Emmenthal, Feta, Gorgonzola, Gouda, Grutere, Halumi, Limberger, Mozzarella, Parmesan, Port-Salut, Ricotta, Roquefort, Samsøe, and Tilsit.

-A-

Abbeydale A semi soft cheese flavoured with chopped chives and onions. A reduced salt and low fat cheese, ideal for diet use.

-B-

Banon A pungent tasting goats milk cheese from France. The cheese is dipped in eau de vie, then into fresh rosemary then into chestnut leaves, and then stored in stone jars for several months and allowed to mature.

Bel Paese One of the most famous Italian chesses, this has an ivory colour and a thin, dark, yellow rind. Soft and compact with a delicate slightly salty flavour, usually served as a dessert cheese, but may also be used in cooking.

Bergkase An Austrian cheese, it is a dull yellow colour with a dark brown rind. It has quite a high fat content and a mild nutty flavour.

Bleu De Bresse A soft and creamy full fat cream cheese from France, with dark blue veins running through it. Matured wrapped in foil, it goes salty and dry when over ripe.

Blue Shropshire A blue veined farmhouse cheese, produced by the same method as stilton. A delicate cheese orange in colour and originating in Shropshire. The colour is achieved by the addition of an orange vegetable dye to the milk at the start of the process.

Blue Stilton Blue Stilton is a rich, creamy cheese with a close texture and a strong, tangy, lingering taste. It has deep blue veins running through it. At its best between November and April as that years cheese reaches maturity. See also under Stilton.

Boston Spar Village Cheese A farmhouse cheese produced in the Yorkshire village of Boston Spar. Made from unpasteurized milk with the addition of vegetable rennet. A smooth cheese with a dry, flaky texture and distinctive flavour.

Boursault A soft triple cream cheese from France, it has a thick texture and is flavoured with either garlic, herbs or pepper. Also known as **Boursin**.

Boursin A soft triple cream cheese from France, it has a thick texture and is flavoured with either garlic, herbs or pepper. Also known as **Boursault**.

Brie A large, round, soft, delicately flavoured pale yellow cheese from France. When fresh Brie has a creamy white edible crust, which turns a reddish hue as the cheese matures. Produced from cows milk, Brie is on of the worlds great cheeses. Originally produced in the town of Brie, in northeastern France.

Brinkburn A mould-ripened goats cheese from Northumberland, it has a light velvety texture and a delicate flavour.

Buffalo Mozzarella A fresh mozzarella cheese blended from a combination of water buffalo and cows milk. See also under mozzarella.

-C-

Caboc An ancient cheese, originally from the Western Highlands of Scotland. This is a rich, soft, full cream cheese which is pale in colour, almost a pure white on the inside and

covered in toasted oatmeal. Often eaten plain with biscuits.

Caerphilly A moist, white, close textured Welsh cheese made from the milk of Hereford cows. It has a mild, slightly salty flavour and is best eaten with biscuits. Named after the town of Caerphilly.

Camembert A world famous cheese from Normandy in northern France. A round, soft, pale or creamy yellow coloured cheese with a soft edible crust. It has a stronger flavour than Brie and is also produced from cows milk, but is best eaten fresh as it becomes bitter when over ripe. Available whole or individual wrapped, a classic cheese that cooks well. Named after the town of Camembert.

Carre De L'Est A square shaped soft cheese from France. Similar to Camembert but with a higher fat content and milder flavour.

Cazu Marzu This an Italian cheese produced in Sardinia where it is regarded as a speciality. More commonly referred to as 'maggot cheese', it is produced by injecting the traditional local cheese 'pecorino sardo' with fly larvae. The larvae feed on the cheese causing it to decompose, becoming soft, runny and with a pungently rotten aroma. This cheese is traditionally eaten with the live maggots still within the cheese. Banned throughout the world, *cazu marzu* is an Italian term literally translating as 'rotten cheese'.

Charnwood A smoked Cheddar cheese with an outer coating of paprika.

Cheddar Originally produced in and around the Cheddar Gorge in Somerset, Cheddar is a cheese now created world wide. Probably the most popular of all cheeses, it is a hard pale yellow or orange-red cheese, with a flavour that ranges from mild through to very strong, depending on its maturity. Mild cheddar is matured for three months, while the strong cheeses are matured for at least six months. An all purpose cheese, cheddar is ideal for cooking as well as eating with biscuits, pickles and fruits.

Cheddar 'n' Scotch A blended cheese produced from a base of Dunlop mixed with Laphroaig, a ten year old single malt Scotch whisky.

Cheshire The oldest known British cheese, Cheshire has a savoury, mellow and slightly salty taste with a loose, crumbly texture. There are three types of Cheshire cheeses: a) **White Cheshire**. The most common of the Cheshire varieties, this is a very pale yellow cheese. b) **Red Cheshire**. Identical to White Cheshire in flavour and texture, this has red vegetable dye added to produce its colour. c) **Farmhouse Blue Cheshire**. A rich and creamy cheese, with an open texture and blue veins running through it. Cheshire is an excellent cheese for grilling, or for eating with fruit and biscuits.

Chevington A smooth and creamy Northumberland cheese produced from pasteurised Jersey cows milk. A rich mould ripened cheese with a sharp taste similar to Brie.

Cheviot A mild Cheddar cheese with added chopped chives. Also a delicate Northumberland cheese produced using pasteurised cows milk and vegetable rennet. A slightly salty cheese with a rich buttery flavour and texture.

Chevre A soft cheese produced using goats milk, a French word literally translating as 'goat'.

Coquendale A mould ripened Northumberland cheese produced from pasteurised cows milk. It has a soft creamy texture with a rich and crisp fruity taste.

Cornish Herb And Garlic A variety of cheese similar to Cornish Pepper, but with the addition of mixed herbs and garlic.

Cornish Pepper A handmade farmhouse cheese from Cornwall. It is a full fat soft cheese with a rich creamy texture, shaped into small rounds and coated with cracked black pepper.

Cornish Yarg An unusual handmade farmhouse cheese produced using vegetable rennet. It has a rich creamy texture, with a mould ripened skin that is rolled in chopped nettles. When fully ripe it has a delicate texture and subtle taste.

Cotherstone A farmhouse cheese produced in Teesdale, Yorkshire. Produced from unpasteurized milk to a very old recipe, it has an open textured white curd with a golden crust and distinctive flavour.

Cotswold A Double Gloucester cheese with added chives and onions.

Cottage Cheese A low calorie low fat cheese that is pure white in colour, and rather bland in flavour. Produced from skimmed milk curds, it is ideal for diets and salads. Due to its lack of taste cottage cheese is usually flavoured, often with herbs or fruit.

Cropwell Bishops A robust blue veined stilton cheese, produced from pasteurised cows milk. It has a delicate flavour with a rich yellow rind, handmade in the Vale of Belvoir, Leicestershire.

Crowdie Originally a Highland farmhouse cheese, it is now produced commercially. A traditional cottage type cheese, formed from skimmed milk blended with double cream. It has a soft crumbly texture and mild flavour, also available flavoured with wild garlic. Popular in Scotland served on oatcakes and topped with strawberry jam.

Curd The solid lumps that form in sour milk, formed when the liquid coagulates. Used in the making of cheese, often with the addition of enzymes to aid the process. Curds begin to form as soon as the milk starts to turn sour, leaving behind the watery liquid called whey.

Curd Cheese A simple soft cheese produced from skimmed milk curds, little processing is involved. A cheese common to Asia.

Curworthy A Devonshire farmhouse cheese produced to a 17th century recipe. Created using unpasteurized milk, it has a hard glossy texture and smooth finish.

-D-

Danablu A Danish cheese first produced in 1914, when the import of Italian cheeses ceased due to the start of the first World War. Also known as **Danish Blue**, it is a white, soft, full cream cheese with a slightly crumbly texture with blue veins running throughout.

Danbo A mild flavoured, firm textured cheese from Denmark. When cut it is easily recognized by its regular, even sized holes. Also available flavoured with caraway seeds.

Danish Blue A Danish cheese first produced in 1914, when the import of Italian cheeses ceased due to the start of the first World War. Also known as **Danablu**, it is a white, soft, full cream cheese with a slightly crumbly texture with blue veins running throughout.

Demi-Sel A small, square shaped, fresh cream cheese from Normandy in northern France. It contains little salt and has the flavour of thick cream.

Derby A close textured cheese with a clean, tangy distinctive flavour and a rich honey colour. Sage Derby is an interesting variation, having layers of fresh sage incorporated

during the cheese making process. This gives the cheese a pronounced flavour. Derby does not cook well, and is best eaten with biscuits.

Devon Garland An additive cheese from North Devon, it is mild tasting and produced using fresh mixed herbs.

Dolcelatte An Italian cheese, off-white in colour with blue/green veins running through out. It has a full robust flavour and a creamy, moist texture.

Dorset Blue Vinney A mysterious English Farmhouse cheese produced to an old and secretive recipe using semi-skimmed cows milk. A low fat blue veined cheese with a crumbly texture and presently rich, smooth, flavour.

Double Gloucester See Gloucester.

Dunlop Originally a Scottish farmhouse cheese but now produced commercially. It has a moist soft texture similar to cheddar, but with a milder flavour and a pale butter colour. Excellent for grilling or eating with fruit and biscuits.

-E-

Edam This is a popular Dutch cheese produced using semi-skimmed milk, with a mild flavour and a slightly rubbery texture. Available in two varieties plain or herb flavoured, it is always encased in a wax casing, the plain in red wax and the herb in green wax.

Similar to Gouda, it is best eaten with biscuits and fruit

Emmenthal Originally from Switzerland, Emmenthal is now also produced in Germany and Denmark. With little difference between the three varieties, this is a cheese made from the highest quality milk, and a dull yellow in colour, with naturally occurring cherry sized holes. With a distinct nutty taste, it is suitable as both a dessert and cooking cheese.

Epoisses An extremely pungent French cheese with a strong distinctive smell. A rich creamy tasting soft cheese, with a pinkish coloured rind. It is banned from the Paris Metro because of its odour.

Eskdale A farmhouse cheese from Cleveland in Yorkshire, it is a soft cheese similar to French camembert.

-F-

Farmhouse Cheese Cheeses made on the farm rather than in a factory, particularly popular due to their distinctive qualities and flavours. In many cases only small amounts are produced, and are often sought after for their special qualities or rarity. Tend to be only available in specialist cheese shops, delicatessens or local farmers' markets.

Fontina Produced in the mountains of Northern Italy, close to the Swiss border, this is a soft full fat cheese with a rich flavour. Straw coloured with a number of small holes running through it, and a thick orange coloured rind. Also known as **Fontal** and **Fontinella**.

Foreign Cheese There are literally hundreds of foreign cheeses, many of which are imported into Britain to meet the ever changing tastes of the British public. See under continental cheese.

Fresh Cheese See under soft cheese.

Fromage Frais A fresh French cheese with a light creamy taste and texture, closely remembering a thick cream or yoghurt. Usually with a low fat content, this is a cheese that works well as a potato filling or in cheese cakes. Translates as 'fresh cheese'.

-G-

Gaelic A Scottish additive cheese, produced using full fat cream with and chopped garlic leaves. It is made into small rounds before being rolled in flaked oats, crushed almonds and hazel nuts.

Gloucester An English cheese available in two varieties, Single Gloucester produced from skimmed milk, and Double Gloucester made using full fat milk. Single Gloucester used to be known as Hay Cheese, due to its popularity with haymakers. The flavour varies according to maturity, it may be mellow and creamy or have a distinct bite. Farmhouse Gloucester is made from Guernsey cows milk, and has a pale straw colour and close texture. The factory cheeses are more golden in colour due to the addition of artificial colouring. Excellent served with crusty bread and fruit.

Gorgonzola A moist Italian blue cheese, named after the village of Gorgonzola near Milan. Produced from cows milk, it is straw coloured with green veins running throughout. Sharp and lightly spicy in flavour with a course brown rind.

Gouda A creamy tasting, soft Dutch cheese with a high fat content and mild in flavour. Produced in small squat moulds, it is a golden yellow colour and with a wax coating. Not recommended for cooking.

Grosvenor A semi soft cheese based on abbeydale but speckled with fresh herbs.

Gruyere True Gruyere is only produced in the French speaking region of Switzerland, although the same cheese is also made over the border in France. A firm pale cheese with small holes throughout and a crinkled, slightly greasy golden brown rind and a mild nutty flavour. Excellent as both a desert and cooking cheese, especially suited to fondues. Named after the town of Gruyere.

-H-

Halumi A Greek cheese similar to Feta in style and taste. Best eaten fresh with salad, or grilled with smoked bacon.

Hard Cheese See under semi soft cheeses.

Highland Choice A blended Scottish cheese made from a base of Dunlop, blended with flaked almonds and the liqueur Drambuie.

Highland Herbs A blended Scottish cheese produced from a base of Dunlop, blended with mustard and chives.

Howgate A Highland full fat cream cheese, fully matured and coated in oatmeal.

Hramsa The word Hramsa is derived from the Gaelic name for wild garlic. Produced from double cream this is a Scottish soft cheese, flavoured with wild garlic leaves gathered from the woods around the Cromarty Firth. Best eaten as a dessert cheese.

Huntsman A blended English cheese produced with layers of Double Gloucester and Blue Stilton

-I-

Italian Mozzarella Moulded into a flask, egg or ball shape and tied with raffia, this soft, compact cheese from the Neapolitan area of Italy has a thick rind and a slightly sour taste. Used as an ingredient of pizzas because of its spongy texture. Stored in its own buttermilk, best used fresh and while still wet. When dry it becomes too tough to use. Also available smoked. See also under Mozzarella.

-J-

Jack Cheese Also known as Monterey Jack, this is an American cheese originating from *Monterey* California. A semi hard cheese produced from cows milk, mild when young but becomes much stronger with age. Eaten with crackers and fruit.

-L-

Lancashire Originally a farmhouse cheese, and once the staple food of mill workers in the cotton mills. White in colour with a crumbly texture and a high fat content, it is ideal for grating and grilling. A mild cheese when young, it develops a fuller flavour as it matures.

Langskail A factory produced English cheese similar in texture and taste to Dutch Gouda, and coated in a red wax.

Leicester Leicester has a rich russet colour, obtained by the addition of vegetable colouring. It has a granular texture with a medium to strong flavour.

Limberger A French soft cheese produced from whole cows milk. It has a strong distinctive aroma and spicy flavour, with a bright yellow colour and a close texture with just a few holes. The rind is brown and glossy.

Livarot A soft yellow cheese from France, produced with semi skimmed milk. It has a reddish brown rind and a strong pungent flavour. Similar to Camembert but more distinctive.

Lothian A factory produced mature Scottish soft cheese, with a white outer mould similar to French camembert.

Lymeswold A mild, soft, white cream cheese with delicate blue veining and an edible crust. It has a definite tang and is best eaten fresh.

-M-

Maggot Cheese Another name for 'cazu marzu'.

Mascarpone An Italian cream cheese produced from cows milk enriched with cream. It has a rich fatty flavour and an easily spreadable smooth texture. Literally translating as 'rich whey cheese', it is commonly used as a dessert cheese.

Melbury A soft, white, full fat cream cheese with an edible crust. It has a firm texture and is made in a unique loaf shape.

Molbo A mild flavoured Dutch cheese with a slightly acidic flavour. Pale yellow in colour, with some holes, a close texture and red rind.

Monterey Jack Also known as Jack Cheese, this is an American cheese originating from *Monterey* California. A semi hard cheeses produced from cows milk, mild when young but becomes much stronger with age. Eaten with crackers and fruit.

Morven A mild Scottish cheese with a full flavour and a texture similar to Dutch Gouda. Produced in small squares, and sometimes flavoured with caraway seeds.

Mozzarella With its origins in Italy, Mozzarella is a cheese now also produced in England, Scotland and Wales. A mellow, compact, curd cheese with a subtle flavour and an elastic quality. Ideal for pizza toppings, but also used in other recipes. Also used raw in salads it is available in two types; the traditional “wet” form, when it is left in its own whey, and a drier form which is usually grated and vacuumed packed. Derived from the Italian word *mozzare* meaning to ‘cut off’. See also under Italian Mozzarella.

Munster A semi-soft creamy textured cheese with a pungent taste. Produced in the Alsace region of France, it has a strong flavour and reddish rind, sometimes flavoured with aniseed or cumin

-O-

Orkney Originally a Scottish farmhouse cheese, it is now produced in commercial creameries. Similar to Dunlop, it is made in individual round moulds and can be purchased white, coloured or smoked.

Oxford A traditional cheese similar to Cheddar, full bodied with a smooth texture and mellow taste almost identical to Cheshire.

-P-

Parmesan A famous Italian hard cheese, unique amongst cheeses as it is also used as a table seasoning. Produced from skimmed milk, it is off white in colour with a strong pronounced flavour, grainy texture and a sour aroma. After a drying period, the cheeses are given fume negro. Used grated or shaved, it is a staple of the Italian kitchen being added to pasta dishes, polenta, soups and vegetables. Derived from the Italian word *parmigiano* meaning ‘from Parma’.

Peat Smoked A factory produced cheese with a distinctive flavour. A full fat, soft, mild cheese with a smooth texture. Invaluably produced in small round moulds, and placed on straw mats before being smoked over peat.

Pecorino Sardo A pungent Italian hard cheese produced from ewes milk. Derived from The Italian word *pecora* meaning ‘sheep’. See also ‘cazu marzu’.

Penmill An abbeydale cheese flavoured with crushed peppercorns.

Petit Suisse A very creamy cheese from France, produced using whole milk and cream. It has a very sour taste and is often eaten with sweet pickles or sprinkled with sugar

Pont L'Eveque A semi-soft French cheese, pale yellow in colour with a light crust and a Camembert like flavour

Port-Salut Semi-hard French cheese, rather bland in flavour. A deep yellow colour and reddish rind.

-R-

Reiver A mould ripened Northumberland cheese produced from pasteurised cows milk. It has a distinctive autumnal aroma and a strong flavour that develops with age. Excellent as an after dinner cheese served with fruit.

Ricotta A soft mild Italian cheese produced from sheep's milk. It is very low in fat, with a bland taste and a distinctive rigged rind. Used in cannelloni and lasagne. Derived from the Italian word *recoquere* meaning 'recook'.

Roquefort A crumbly blue cheese from France, with a salty but piquant flavour. Produced from ewes milk curds, sprinkled with breadcrumbs treated with mould of Penicillin, a distinctive cheese with green veins throughout. Matured in the limestone caves of Roquefort-sur-Soulzon.

Rutland A strong Cheddar cheese with added beer, garlic and parsley.

-S-

Sage Derby Sage Derby is an interesting variation of Derby cheese, having layers of fresh sage incorporated during the cheese making process. This gives the cheese a pronounced flavour. Best eaten fresh with biscuits.

Saint Paulin A semi hard French cheese with a yellow colour and bland taste, similar to Port-Salut.

Scottish Cheddar Similar to English Cheddar in every respect, Scottish farmhouse Cheddar has a particularly high reputation for quality and taste, with Scottish mature varieties held in high regard.

Sharpham A farmhouse cheese produced in Devon from unpasteurized milk. A semi-soft ripened cheese made only during the summer months.

Sherwood A Double Gloucester cheese which is blended with sweet pickle

Somerset Brie Produced in Crewkerne, Somerset using the traditional French method. A tangy full flavoured brie.

Somerset Cider Cheddar A cheddar cheese produced with the addition of cider at the early stages, this gives the cheese a distinctive apple flavour.

Stilton Stilton is a rich, creamy cheese with a close texture and a strong, tangy, lingering taste. At its best between November and April as that years cheese reaches maturity. Blue Stilton has distinctive blue veins running through it. White Stilton is a plain and immature cheese with a crumbly texture, and a milder taste. Both the Blue and White varieties are often fortified with port, this is done by boring small holes into the top of the cheese, and then soaking the top with port. Some consider this sacrilege as it masks the natural flavour of this fine cheese. A versatile cheese Stilton gives a particular bite to savouries or quiche, and works well used sparingly in cheese and pasta sauces. An exceptional cheese when served with biscuits and fruit.

Stinking Bishop A distinctive English farmhouse cheese produced in Gloucestershire. Made using unpasteurized milk it has a pale colour and firm texture, with a brown rind. The unripe cheeses are washed with a Perry made from Bishops pears, hence the name.

Swaledale A farmhouse cheese with a soft texture and mild flavour.

Somerset Brie Produced in Crewkerne, Somerset using the traditional French method. A tangy full flavoured brie.

Somerset Cider Cheddar A cheddar cheese produced with the addition of cider at the early stages, this gives the cheese a distinctive apple flavour. cheese. An excellent diet cheese Tendale has half the fat, a third of the calories and a quarter more protein than normal cheese.

-T-

Tilsit Originally made by Dutch settlers in East Prussia, this German cheese is also produced in Scandinavia and Switzerland. A savoury, straw coloured, semi-soft slicing cheese, easily recognized by its loaf shape and small irregular holes. It has a sharp slightly sour taste. Named after the Baltic city of Tilsit, Russia.

Tome Au Raisin A white, slightly chewy, semi hard cheese from France. It has a strong flavour and is coated with a mixture of dried black grape skins and pips.

Trappistenkase A semi soft German cheese, with a mild flavour. Pale yellow in colour with a rich yellow rind, loaf shaped with a firm texture and round or slitted holes.

-W-

Warkleigh A Devon full fat farmhouse cheese, with a rich creamy texture and flavour when fully ripened.

Wedmore An additive cheese from Somerset, it can be consumed soon after manufacture or left to mature for up to three months. Immature it is fresh and milky with a pronounced flavour, when ripe the texture is firmer and the flavour more subtle. Produced in a wheel shape, with fresh chives running through its centre.

Wensleydale An old established cheese dating from Norman times, available in white and blue varieties. White Wensleydale is close textured and mild flavoured, with a slight honey taste. The blue veined variety is soft and close textured with a rich and creamy flavour. Traditionally served with apple pie, this is a cheese suited to both cooking and cheese boards. Named after the valley in North Yorkshire.

Whey The watery liquid part of milk that separates as it curdles, leaving behind the solid curds. During cheese making enzymes are added aid this process.

White Stilton White Stilton is a plain and immature cheese with a crumbly texture, and a milder taste than its cousin the Blue Stilton. See also under Stilton.

Windsor Red A strong Cheddar cheese marbled with elderberry wine.

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